



RESILIENCY



Employee Assistance Program
We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users
www.FOH4YOU.com

Stand Up to Life's Curveballs

It's Mind over Matter When Tough Times Strike

Sooner or later, we all encounter a situation that seems insurmountable. It could be job loss, a break-up, death of a loved one or physical injury. Even if we can't control that particular event, we can control how we react to it.

Access your program to find out how to become more resilient. Bouncing back from adversity is a skill that can be learned!

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Living Healthy Working Well®

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